

What is the *Guide to Eating Ontario Sport Fish*?

The Guide to Eating Ontario Sport Fish (guide) is a free Government of Ontario publication that provides advice on how anglers and those who eat sport fish can eat their catch safely. These protective measures are required due to the presence of environmental contaminants in some fish. Although it is important that everyone follow the advice in the guide it is most important for women of child-bearing age and children under 15. These groups are more sensitive than others to contaminants found in some fish.

Fish are collected mainly by the Ministry of Natural Resources and are tested by the Ministry of the Environment. The fish consumption advisories are based on guidelines developed by Health Canada. The advice in the guide is based on contaminant levels found in a fish fillet (flesh of the fish) but not in other parts of the fish such as the skin, liver, other internal organs or the eggs of the fish. These parts can have much higher levels of contaminants and are not typically eaten. The guide provides

consumption advice on the most common species of sport fish from over 1,950 locations in Ontario.

To get a free copy of the guide in English and French, or if you have any further questions, please contact the Ministry of the Environment, Sport Fish Contaminant Monitoring Program at

416-327-6816, toll-free in Ontario at **1-800-820-2716** or by writing to the address on the following page.



To Use The Guide:

The guide is divided into Southern Ontario, Northern Ontario and the Great Lakes. For each location, consumption advice is given for many of the common species of fish found in the individual lakes and rivers.

After you catch a fish, measure the length of the whole fish from head to tail. For help identifying your catch see the illustrations on the centre pages.

Look in the consumption tables to find the particular location where the fish was caught.

The consumption tables (an example is shown below) give the location, fish species and size ranges. Consumption advice for each species is given on two lines. The first line is for the general population and the second line is for the sensitive population which is women of child-bearing age and children under 15.

The number under the appropriate size range indicates the number of meals of that size of fish, caught at that location, you can eat each month. If you are not eating sport fish from any other size range, species or location, the number represents the maximum number of meals that you can consume in a month.

Length/ Longueur	15	20	25	30	35	40	45	50	55	60	65	70	75	>75 cm >30"
Lake / Lac														
Township/Canton, County/Cté														
Northern Pike ⁵						8					4			
Brochet ⁵						8	4				0			
Walleye ⁵						8		4						
Doré ⁵						4		0						
4537/7942														

Consuming fish from more than one size range, species or location

If you eat fish from more than one size range, species or location then you must add up the fraction of your monthly total from each meal.

The Fraction of Monthly Total from each meal consumed during the month is shown below. The total from all meals should not exceed 1 (see page 5 of the guide).

Number in Consumption Table	Advice	Fraction of Monthly Total
8	Consumption up to 8 meals per month	1/8
4	Consumption up to 4 meals per month	1/4
2	Consumption up to 2 meals per month	1/2
1	Consumption up to 1 meal per month	1
0	Do not consume	–

Consuming Store-bought fish and sport fish

Fish purchased from retailers are tested by the Canadian Food Inspection Agency to ensure that they meet Canadian standards. Most are low in contaminants but if you regularly consume store-bought fish and intend to eat sport fish you may need to reduce your consumption of sport fish. Refer to page 6 in the guide for specific advice.

Additional Information is available by contacting:

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Etobicoke, ON M9P 3V6
Tel: 416-327-6816 or 1-800-820-2716
E-mail: sportfish.moe@ontario.ca
Website: www.ontario.ca/fishguide